



# UHURUPAD FIELD CHAMPIONS GUIDE FOR PARENTS/GUARDIANS



- TRAVEL BACKGROUND
- FUNDRAISING INFORMATION
- AND MORE!



## WHAT IS AN UHURUPAD FIELD CHAMPION?

An UhuruPad Field Champion is a student or adult who helps to:

- Bring menstrual health and hygiene to girls in East Africa – through personal, crowdfunded, or other donations which facilitate the purchase of UhuruPads and undergarments.

With these simple products, Tanzanian girls are able to attend school and participate with a new sense of confidence. Without the basic dignity of menstrual hygiene and undergarments, a girl in the developing world might miss 4 days of school each month!

- Empower girls through education and awareness and work to remove the stigma surrounding menstruation at home and abroad.

Uhuru Field Champions undergo training and mentoring to ensure that they can deliver essential information with accuracy and compassion.

MWENYE KUTENDA JAMALA,  
NAYE HULIPWA JAMALA.  
TO THE PERSON WHO DOES KIND THINGS,  
KIND THINGS WILL BE DONE.  
- SWAHILI PROVERB -

## UHURUPADS: TANZANIA’S 100% BIODEGRADABLE PADS

UhuruPads—an initiative of the U.S. non-profit Foot Forward Fund—are Tanzania’s first 100% biodegradable and compostable sanitary pad. We call our pads “Uhuru” (the Swahili word for “freedom”) to reflect our belief that understanding and practicing menstrual health and hygiene is critical to independence for girls and women. Using award-winning technology and training developed by Aakar Innovations of Mumbai, India, UhuruPads are made in Arusha, Tanzania by a team of women. Our pads are comfortable, effective, and hygienic.

Since production began a year ago, more than 2000 young Tanzanian girls experiencing menstruation have been supported with pads, undergarments, and health and hygiene education.

### WHY “CHAMPION” MENSTRUATION?

In communities of opportunity and wealth, menstruation – the shedding of the uterine lining during which blood and other fluids flow – may be seen as just “something to deal with” (albeit quietly and discreetly). Though nearly all older girls and women experience menstruation, the stigma surrounding one’s “period” is endless (*remember what we said about “quietly and discreetly”?*). While all females of the age appropriate for menstruation may share some challenges – discomfort, bleeding, pain, stronger emotions – in the developing world (and even among underserved females in more developed communities), **menstruation can be an obstacle to success** as girls and women miss out on education, work, and other opportunities.

### OVER TIME, GAPS MAY BECOME TRULY INSURMOUNTABLE.

Limited information about menstruation, fertility, and reproductive health can also mean that even “grown women” don’t understand the natural, healthy purpose of menstruation. Confusion fuels inaccurate information, and can cause shame, anxiety, and fear.

Safety challenges abound when hygiene products are hard to find and/or are too costly. Women and girls may resort to unsanitary interventions (rags, newspapers, dirt). While uncomfortable to wear, the greater danger of these stop-gaps is that they are unhygienic and can cause severe illness. Other challenges to health and safety abound, particularly when safe places to manage menstruation (such as lavatories) are also few and far between.

**To increase employment and empowerment for women and access to education for girls, we need Champions for menstrual health!**

**IMAGINE**  
missing four days of school each month as your class forges ahead.

**WHAT IF**  
you had to take week’s “vacation” (without pay!) every 30 days?



## UHURUPAD TIMELINE



### OUR STRATEGY AND SUCCESS IN TANZANIA

Using award-winning technology and training developed by Aakar Innovations of Mumbai, India, UhuruPads are locally made, comfortable, effective, and hygienic. Using tried and true systems, we have:

- quickly established a secure production facility and training space;
- developed a curriculum to educate/empower recipients of our pads;
- launched an online course to certify Menstrual Hygiene Champions who visit groups of girls attending school;
- secured our Tanzanian NGO certificate and permissions to launch our women's microbusiness program;
- developed a field study (using the international resource KoBoToolbox) to collect data about the impact of the project.

**What's the Rush?** The understandings we developed after surveying girls attending local schools revealed that:

1. many miss at least a day of school each month during their cycle
2. most have feelings of shame, embarrassment, and anxiety associated with their cycles
3. many girls also do not have undergarments.

Learning this we were compelled to act. Today, pads, undergarments and education are provided as part of our support. Plus since undergarments are made by local women, additional economic development occurs.

The UhuruPads production facility shares work space with Her Best Foot Forward—and the women mentor one another and collaborate!

#### WHY?

During menstruation, vulnerable girls miss school or quit because of a lack of hygiene products, fear of leaking, pain, and shame.

In 2012, NBA Basketball star, **Dwight Howard**, learned of challenges to girls' education in East Africa. The 8-time All-Star game participant and Olympian began providing housing and other support. In the subsequent years, two girls' dormitories were completed, housing over 300 girls.

At the same time, philanthropy strategist, **Laura Chauvin**, was working in Tanzania on clean water and nutrition projects. While there, she met a group of women Artisans making beautiful, beaded sandals. In 2015, she founded the non-profit **Foot Forward Fund** and **Her Best Foot Forward Sandals** to create a market for the women's goods, investing proceeds to support vetted charities facilitating education and clean water.

While assisting Dwight and his **D12 Foundation** with school efforts in Tanzania, Laura became aware that menstruation is a large obstacle to girls' education. In 2017, with the support of many people, Dwight and Laura founded UhuruPads to create employment for more women and facilitate the provision of hygiene products and education to girls.



# YOUR DAUGHTER HAS BEEN SELECTED TO TRAVEL WITH US TO TANZANIA: *WHAT'S NEXT?*

We're excited for your daughter to travel with us to Tanzania. We want to do all we can to help her prepare for her trip.

**Managing Travel and Documents.** Our trip documents and information are coordinated through the website [www.ManagedMissions.org](http://www.ManagedMissions.org). This platform was founded to serve primarily Christian faith-based groups undertaking mission trips. You may see references within the site to "your church," "your Pastor," and so on. We are grateful for the extension of this free platform for our use—but reiterate that our Field Champion program is not associated with any particular church or faith. *We come together from different faiths and walks of life to help girls find their own grace, power, and dignity. All Are Welcome!*

**International Flight Information:** Our international departure/return city will be NYC, DC, or Chicago, based on the most economically priced flight determined for the entire group. *Please note:* for the purpose of economy, efficiency and safety, all group members must travel on the same itinerary to/from the US. For budgeting purposes, your daughter's ticket price to and from Tanzania is anticipated to be approximately

**\$2000** (though travel to/from your home to our US departure city will carry additional costs). Frequent flyer points may be accrued on the trip - and may be used by your daughter to get to/from your home to our departure city - but **not used** internationally (given our group ticketing).

**Passport and Visa:** Your daughter's passport must be valid for at least 6 months after our return from Tanzania: no exceptions. Your daughter will purchase her Tanzanian Visa upon arrival. This is an additional cost of \$100 (payable with a new, crisp \$100 bill at the border).



## 2019 DATES

**July 19-29:** high school trip

**July 26-August 5:** college/  
grad school trip

**August 2-12:** women's and/  
or mother/daughter (hs/  
college/adult) trip



You/your daughter should check with her doctor now to determine that her "basic" immunizations are up-to-date. The CDC also recommends these vaccines: Hepatitis A and B; rabies; typhoid; boosters for tetanus, diphtheria, measles.

In the past, Champions were told by their local doctor that yellow fever was not required and, because of vaccine shortages, they would not give it. This is accurate - however - if our flight into Tanzania goes through Kenya or another country where yellow fever is present, we will be asked to document proof of yellow fever vaccinations upon arrival in Tanzania. We can explain that the stop in Kenya was just for transit but things can be hectic and strained. There is also a chance that, if an airline delay results in a longer stay in Kenya, participants will be required to get the vaccine. They do give the yellow fever vaccination at the Kilimanjaro airport at which we will be arriving in - just in case.

Malaria prophylaxis is recommended; consult a doctor regarding which malaria medication is best, especially if your daughter takes other medications. More information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, can be viewed via the CDC site at <http://www.cdc.gov/travel>

A full battery of up-to-date immunizations can cost several hundred dollars: your daughter should consider this when she is setting her budget and making her plans. If these costs are added to the funds being raised, she can request reimbursement from her funding pool (after other costs have been covered). **Each Champion must complete a comprehensive health history on Managed Missions (completed by a parent/guardian for those under 18).**

**DINING** Most meals will be served homestyle (breakfast/dinner) at our homestay. Our house "mom" is a great cook and prepares hot, delicious meals (with an occasional "taste of home"). We enjoy lots of fresh fruits, eggs, and baked goods. When traveling during the days, each participant will have a box lunch. We are able to accommodate a basic vegetarian diet and – by avoidance and good communication – food allergies. If food allergies (for example, gluten free), necessitate the purchase of additional and/or specific food items, please advise well in advance and, perhaps purchase some "go to" foods your daughter can bring. Bottled water will be provided throughout the trip.

# BASIC ITINERARY/A DAY IN THE LIFE OF A FIELD CHAMPION

**FRIDAY: Depart USA:** Arriving Tanzania on **SATURDAY** (22-24 hours in transit), we'll be met and transfer (60 minutes) to a secure "compound" owned by the Salehe family. Jane Salehe has designed gardens for homes and leading hotels in Tanzania; her husband, John, is a retired officer with the Tanzanian Bureau of Natural Resources. Two or three team members will share a spacious room and bath (western toilet and shower). Please hang up clothing and towels and keep things tidy. This is a gracious home in which our hosts take considerable (understandable) pride. Kindness is returned in full (including clean laundry, great food, and a lush setting).



**SUNDAY: Full Day One / ARUSHA** We acclimate to our new surroundings and perhaps head into town to visit the sanitary pad production facility, meet with our Swahili translation team and prepare for our Monday school visits.

**MONDAY—THURSDAY: FULL DAYS 2-5 / SCHOOL VISITS (locations TBD but within a 90-120 minute drive from our home)**

Following an early breakfast each day, we will visit at least one school. We will likely visit a variety of schools to see some of the differences between school environments (some will have varying types of lavatory facilities, some will be co-ed, in some, English will be spoken with proficiency or not at all).

All team members will actively participate in each school visit. Each visit will be a bit "un-predictable" and different – what they share in common is that the overall experience will uplift, inform, and inspire. Most visits will include:

- Presenting the training materials: presented in English, accompanied by a translator presenting in Swahili;
- Distributing sanitary pads and undergarments;
- Building a "tippy-tap" - a simple handwashing station.

**FRIDAY:** Morning; cultural enrichment TBD/Afternoon: departure for Safari experience (likely Tarangire game park)

**SATURDAY:** After an early breakfast, we will transfer to the Ngorongoro Conservation Area, a protected area and a World Heritage Site approximately two hours west of Arusha. The Ngorongoro Crater, a large volcanic caldera within the area, features wildebeest, gazelles, and elephants. *We will return to Arusha in the afternoon to pack for departure.*

**SUNDAY:** Departure Tanzania, landing in the USA on Monday

**COMMUNICATIONS & ELECTRICITY.** We buy time for each participant to call home during the trip; we recommend cell data be turned off. Many areas will have Wifi available – except some school visit areas and safari locations. Electrical current is 230 volts, 50Hz (Type D; electrical plug has three circular pins) (Type G; electrical plug has three flat prongs)

**CURRENCY.** Carrying cash, an ATM or credit card for cash advances in case of emergency is advised. The best places to exchange money are normally bureau de change which have fast service and longer hours (and often slightly better rates) than banks. Local currency in Tanzania is the Tanzanian Shilling. Many places will accept USD.

**LANGUAGES.** Swahili is Tanzania's official language. English is taught in school – some understand basic greetings/words. **Basic Swahili vocabulary is found in Managed Missions (where there is also find a link to a site to learn a lot more!).**

**CLIMATE.** Tanzania has a tropical climate – we will be visiting during the "winter" – and may experience rain.

**GIFTING AND OTHER INTERACTIONS.** It is nice to have a piece of candy or a trinket to offer to a child – or really anyone – we meet along the way. We suggest all use caution when doing this. It is polite to request permission before photographing someone (or someone's child). Sometimes a payment is requested prior to taking a picture; we generally don't advise this. Some ask if they can bring clothing or shoes to donate to schools or orphanages. The local people are so capable and gifted in making textiles and footwear that we really discourage this—you will see an abundance of second-hand western clothing throughout our trip. Things your daughter might wish to bring to give away: a small bag of candy packets of crayons a favorite children's book in English stickers with animals or characters (Paw Patrol, Spiderman, Superman).

**SHARING CONTACT DETAILS.** Young women who meet your daughter in the schools may ask for her social media handles or email. She may want to set up a special email (ex., MaryUhuru@gmail.com). Should she wish to stay in touch with some new friends, she can selectively add key contacts to a more permanent email address. Should she receive requests for money or gifts (given the poverty we encounter this does happen), a specialty account for this trip can help filter these requests.



## FUNDRAISING FOR UHURU

You and your daughter can fund her service and travel personally and/or raise funds. While Champions must be self-motivated, independent leaders, UhuruPads (and Her Best Foot Forward) is ready to support her with:

- An online fundraising platform she can quickly customize to create a personal fundraising page with her own message and pictures. The link she'll share is her own and funds raised using it are tax-deductible and will immediately be credited to her goal (donors will also receive an appropriate receipt for tax purposes). This platform will remain live until mid-August 2019 so that, if someone makes a gift after the trip concludes, funds will be counted. **See page 7** for your daughter's set up instructions
- Guidelines for a letter-writing effort—we're big on more personal asks!
- Promotional materials (one sheets, flyer templates, videos)
- Information on menstrual health as a global issue
- Customizable donation requests and acknowledgements

## PARTICIPATION COSTS

$$\text{\$3600} + \text{\$2000} + \text{\$1400} = \text{\$7000}$$

Pads/  
Undergarments/  
Education Delivery

Projected  
International  
Travel

Ground  
Costs in  
Tanzania

TOTAL

*Note that costs for domestic air, immunizations, and Tanzanian visa are not included; international flight costs may vary +/- \$500*

Each Champion agrees to provide **at least 300** girls with our undergarments (many do not have them) and UhuruPads for a full year. This cost breaks down to **\$1 per month per girl!** For these "service materials," she will need to raise **\$3600** (300 girls x \$12). *If desired, those traveling on our mother/daughter trip can share the "service material" costs with a partner (mom/daughter/friend) with whom they register.*

"International travel" is anticipated at **\$2000** (*this can fluctuate by \$500 either way, depending upon group size and time of booking*) and may be covered through tax-deductible donations (her own or funds from others).

Finally, it is possible to raise funds for "ground expenses" as part of this humanitarian experience. Ground costs total **\$1400** and include:

- homestay housing: shared room with another team member
- group meals (Breakfast/Lunch/Dinner)
- bottled water in plentiful supply throughout your stay
- ground transportation in Tanzania (all transport in private vehicles and including a basic shopping trip and safari before the return to the U.S.)

*Other Expenses:* Related expenses - domestic travel to our departure city, immunizations, visa, travel stipend (ex., a small amount of "pocket money" to cover a coffee or soft drink while in an airport or in country) are usually covered personally by travelers but can also be included in her fundraising goal. These costs can range from \$200-\$800 depending upon one's personal situation and preferences. **Raising funds through our online platform for personal spending (travel clothing, souvenirs or gifts) is not permitted.**

**DID YOU KNOW?** Our Field Champion training course is online and available 24/7. The deadline to take (and pass) the course is July 6! Your daughter will also receive a special presentation book to make her presentation top shelf!



## FUNDRAISING SCENARIOS

Here are two funding scenarios to articulate how funds raised are allocated:

**Scenario 1:** Eloise raises (and contributes to) a total of **\$6500**. Four weeks prior to departure we will allocate:

**PRIORITY 1:** **\$3600** in funding towards training, pads, and supplies

**PRIORITY 2:** **\$2900** toward travel and ground (with a balance of **\$500** owed)

Because of the commitment we make to the girls and schools, we cannot, for example, re-allocate \$500 from the "pad and supply" priority to travel costs.

**Scenario 2:** Annabelle raises (and contributes to) a total of \$7500. Four weeks prior to her departure we will allocate:

**PRIORITY 1:** \$4100 in funding towards training, pads, and supplies

**PRIORITY 2:** \$3400 toward travel and ground

Instead of funding additional girls with the extra \$500 she raised, Annabelle could apply these funds to uncovered, but related costs (ex., her visa, her immunizations, a small stipend for incidentals). She will need to advise us of this no less than four weeks in advance of her departure as, at that point, we will begin notifying the schools we are going to serve.

## FUNDRAISING STARTS CLOSE TO HOME!

Field Champions must work consistently and hard to identify potential supporters and sponsor opportunities. Help your daughter develop a plan and get organized – procrastination is the #1 hindrance to raising support.

Crowdfunding (mentioned at right!) and email are great but—though it seems “old-fashioned”—your daughter may want to write letters (hand addressing the envelopes!) to friends and family to explain her vision and goals for the summer, and follow up by email or phone with her fundraising link. Those who personally call (or personally meet with) their potential supporters have **far greater response to their requests for support**. She'll find some suggestions on **Managed Missions**.

## POTENTIAL FUNDRAISING IDEAS:

Students who've raised funds offer these ideas. Especially if your daughter can get her school or a Club to join in, a lot is possible:

- **Non Uniform Day.** If her school requires uniforms, with permission, collect \$2-\$3 to support the effort. Donors get a day out of uniform!
- **Community Service.** Offer her skills and services (on her own or with friends) for errands, pet sitting, or yard work.
- **Bake or Craft Sale.** Get friends together to bake some treats to sell at school during lunch, or set up a table in the community with homemade crafts.



## WHAT IF SHE DOESN'T REACH HER FUNDRAISING GOAL?

A minimum contribution is required to participate as a Field Champion. Trip terms and conditions require your daughter to raise or donate a predetermined set of funds by a pre-determined date. If she does not raise the required funds by a set date, you/she are agreeing to personally fulfill her commitment.

## OUR ONLINE FUNDRAISING PLATFORM: INSTRUCTIONS FOR YOUR DAUGHTER

To set up your secure, personal fundraising page for your Summer 2019 trip: 1. Go to: <https://chuffed.org/project/UhuruFieldChampion> 2. Once there, you'll see a page like that shown at right.

3. Click the red button at the bottom of the page which reads **CREATE YOUR OWN FUNDRAISER**

4. Provide your own details to set up your page (name/email/picture) and customize the page as you see fit. We **strongly recommend** that you do not change the video and that your customized content starts with the section “Support Our Field Champions...” (you could, for example, change this to Support Me, Sally Jones...)

### Bringing Menstrual Health & Hygiene to Tanzanian Girls



#### Did You Know?

Girls in developing countries may miss up to 4 days of school each month because of menstruation. Health and hygiene education is frequently absent, allowing gender-based taboos and violence to thrive and fostering misinformation.

#### What Does This Mean?

Girls drop out of school (or fall behind) and women - who also lack access to affordable, safe, affordable hygiene products - miss work and other opportunities.

#### Support Our Field Champions On Our Summer 2019 Mission



UhuruPad Field Champions (ages high school through adult) are selected to travel to Tanzania, with each team member setting a goal to bring menstrual health and hygiene to at least 300 girls for an entire year. It costs approximately \$12 to provide one girl with self-confidence building health and hygiene information, three pairs of sandals, and a year's worth of UhuruPads. After undergoing training to allow them to present on our educational platform, Field Champions travel to Tanzania as part of a team, delivering education and changing girls' lives forever through education and affirmation.

#### Fundraisers

[Create your Fundraiser Page](#)

## PLUS! HER BEST FOOT FORWARD SWAG...AND SANDALS!

We will offer each Field Champion a “swag bag” filled with 25 small, Her Best Foot Forward items—bracelets, key fobs, pop sockets — to help jump-start fundraising. These items can—and should be—used to encourage donations in a variety of ways, for example:

1. On Facebook/Instagram/Twitter/etc., your daughter can share a picture of an item and offer: “For everyone who contributes \$10 to my campaign in the next 24 hours at [LINK], I will send you this!”
2. Setting up a table at a craft show/market and taking donations in exchange for the items (ex. \$5-\$8 each) If she raises at least **\$100** with her first swag bag, she'll get an additional bag (deducting just \$10 from what she has raised via swag bag #1).

### Using Her Best Foot Forward Sandals to Raise Funds:

- We'll provide up to 4 pairs of sandals to incentivize donations via a raffle or other fundraising event in which **at least 25** people participate
- We'll support your daughter in hosting a sandal event where she can receive a \$15 credit toward her Champion experience for each pair sold
- She can receive her own online sales code for Her Best Foot Forward. Share it with friends and family (who'll get 25% off their purchase). Additionally, for each pair sold with her code, she'll receive a \$15 credit toward her Champion experience

Other Ideas? We're Open!



## HOW ARE FUNDS USED?

UhuruPads was founded to immediately address the challenge of girls' school absences due to menstruation—and provide health and hygiene education which further improves confidence and self-worth and diminishes menstrual taboos. We are in our early stages:

- Our initial grants acquired the intellectual property and technology behind our pad and distribution systems, developed by Aakar Innovations of Mumbai, India.
- Approximately 2/3 of our funds support the delivery of our sustainable pads along with health and hygiene education (and underwear) for girls.
- Our remaining resources help operate our production facility, including materials, equipment acquisition and repair, and salaries for our production team of women, with a small percentage invested in further localization of the product (developing a supply chain to ultimately lower the cost of our product while creating new jobs)
- We have no paid employees, other than the women who produce our product and lead our Arusha, Tanzania facility.

## HOW CAN PARENTS HELP

As a parent, you play an important role in helping your daughter prepare for this experience trip. A parent's involvement includes ongoing positive encouragement and practical support in meeting

- goals and deadlines;
- getting forms completed;
- ensuring vaccinations/immunizations and documents are ready to go;
- helping with fundraising – through both your own network, as well as helping your daughter shape her strategy.

Your daughter may indicate she doesn't want/need your help – but there is a lot to do – so please check in especially when it comes to important documents (passport, travel permission, liability, health, and other forms) and activities (raising the funds and successfully completing training, getting immunizations). This is a fine line to walk: if you totally dominate the process and do everything for her, she may feel like it's not "her" trip and begin this important, life-changing experience confused, unprepared, or unmotivated. If you don't check in, she could drop the ball and jeopardize her ability to participate. So, engage while giving her both room and responsibility.

Hopefully, both our team and you as a parent have accurately evaluated your daughter's great potential for success. If things start to "break down" for her, our door is open to you both. Similarly, if we see missed deadlines or many tasks incomplete, we will also reach out.



## STAYING SAFE AND HEALTHY.

Our team stays in a homestay environment located within a gated compound. It is extremely safe. Within the school settings, Field Champions work in groups of three at all times, unless otherwise authorized by the team leader. We constantly monitor conditions in Tanzania: if a situation arises that threatens the security of the team, either politically or from environmental conditions, the team will relocate to a stable location.

Participants are required to immediately report any injury, illness, or physical irregularity to the team leader to ensure all participants remain healthy throughout the trip. If your daughter is suffering from illness or injury requiring care medical care beyond what we can provide (Ibuprofen, diarrhea medication, electrolytes, band-aids), we will contact you as soon as is physically possible. In rare cases, a major illness or injury may necessitate a medical evacuation. Our travel insurance does provide for returning home in case of an emergency; you can inquire if your personal policy includes “emergency reunion” coverage (to allow you to join her and take her home) coverage. Our travel insurance can be seen here:

<https://www.volunteercard.com/descriptionofcoverage-plus/>

UhuruPads does not have the ability to cover “emergency reunion” – if our staff must take your daughter home, this will be at your cost.

## MEDICATIONS.

Within Managed Missions you will find a PDF (one sheet) of Prescription Cards – there are 5 cards per sheet. One card per prescription is needed: having these completed allows us to share them with a local physician if needed and is a backstop if the bottle gets lost. Your daughter should keep her prescriptions in the original bottle and keep her cards with her passport case. If she has asthma, she should bring two inhalers. Also, if your daughter needs to carry an emergency EpiPen, she should bring two. All medications should be kept in her carry on. Given the long journey, we won’t likely be able to accommodate medications that require refrigeration; check with her physician for substitutes.

If your daughter is on behavior/mood-altering medications prior to the trip, she should continue, unless strongly encouraged by her physician to take a summer break (if she is, she should start this well in advance of our trip). During the trip, your daughter will experience many things she might not at home, and even very positive new things can add additional stress. It is not healthy for your daughter, the team, or the leaders to deal with situations that may arise from the effects of stopping medication prematurely. Talk with her physician to make sure that he/she knows of your daughter’s participation in the trip – you may wish to have input as well regarding the malarial medication (as side effects of Lariam can be exacerbated by anti-depressants).

## ATTIRE

We will dress for comfort and mobility: each team member will receive 2 team shirts. The country is religiously observant (of many faiths); modesty is best. No tank tops, cami’s, bare shoulders, midriff, leggings, or shorts. Other tourists may do otherwise but we are trying to convey dignity and respect in all we do. **You/your daughter will find a suggested packing list in Managed Missions.**

## DOCUMENTS AND FORMS ON MANAGED MISSIONS

1. Participant Terms and Conditions signed by participant (and parent or guardian if participant is under 18)
2. Voluntary Background Check (for participants 18 years or older)
3. Health Information Form
4. Prescription Cards (complete one for each prescription and keep them separate from medicines)
5. Domestic Travel Form
6. Packing List
7. Fundraising Materials
8. Passport Basics
9. Basic Swahili Vocabulary
10. Permission to Travel Internationally without Parent(s) (must be notarized for participants under 18)
11. Permission to Receive a Tanzanian Visa without Parent(s) (must be notarized for participants under 18)

**Important:** participants under the age of 18 must carry with them a notarized document permitting travel abroad alone or with just one parent and also have a form allowing her a Tanzanian visa. The notary’s role is to verify the parents’ signatures on these travel forms. If there is only one parent/guardian, applicable legal documentation (death certificate/court order granting the signer sole custody). If the parents cannot be together for signature, they may EACH have their own documents notarized (thus your daughter will need to travel with two copies of each notarized document). Fax and digital copies are not accepted!

## INDIVIDUAL CHALLENGES ABROAD

We hate to consider this – but it could happen that the trip does not go well for a team member. She could:

**Get ill:** you can help by ensuring your daughter has received immunizations and has basic medications (ibuprofen, anti-diarrheal tabs, etc.) with her. We will have basic medicines, too, as well as electrolytes and a first aid kit.

**Become homesick:** checking in with home is fine but homesickness can be more prevalent when there is too much contact with life at home. The team member may start to “go home” emotionally and begin to lose focus on things at hand. We provide a daily update (written by a team member) to parents via our team leader. This allows friends and family to know what is happening and, if a busy day means an update is missed, don’t worry, we’ll get you up to speed very soon!

**Get into a “rut” behaviorally:** please remind your daughter of the rules before she goes away. We seek to create a safe, healthy environment for all participants, staff, and the girls we serve. Participants must obey all guidelines (attire, respecting the house, teammates) and follow instructions of our team leaders. Abiding by rules, laws, or statutes in Tanzania is a given: refusal to fully obey the guidelines, may result in a participant being sent home.

Early departures – due to a health issue, a death in the family, discipline, or any other reason – **are the financial responsibility of the participant and their legal guardian.** These expenses may include, but are certainly not limited to, transportation, lodging, and/or food for the participant and any accompanying team member.

All trips are tobacco, alcohol, and drug free, whether or not participants are of legal age. The environment can be challenging, the days are long and roads are rough. Through this policy we seek to minimize anything that might have the potential to jeopardize our team dynamic, our safety, and our very important work.

Participants are required to notify UhuruPads staff if they witness any participants using alcohol, tobacco, or drugs – understanding that we will adhere to a confidentiality policy whereby we will not disclose information shared. However, if the team leader reasonably feels that a participant is in clear and imminent danger either to themselves, others, or our mission, the team leader will take the appropriate steps (including disclosing the confidential information to the legal guardian if participant is a minor).

**Please note, in order for your daughter to participate in our program, you and she must sign our Terms and Conditions document which includes these (and other) policies.**



## IMPORTANT DATES AND DEADLINES

*If a participant joins the team after one or more of the key calendar dates have passed, she has 3 weeks to “catch up” – starting with the date she joins the team.*

**Within Two Weeks of Selection to the Team.** Terms and conditions form must be signed (by parent/guardian if participant is a minor) and uploaded to Managed Missions.

Photocopy of passport “picture page” uploaded (if participant does not have a passport, apply ASAP!

**February 15.** \$3500 goal must be met (via donations/personal contributions): these funds will be used to cover international airfare, ground costs, and travel insurance.

**March 1.** International travel booked (by Uhuru).

**Within Two Weeks of International Travel Booking.**

Domestic air forms/itinerary must be uploaded.

**April 1.** \$5000 goal (inclusive of the \$3500 goal previously met) must be met (via donations/personal contribution).

**April 10.** Additional forms uploaded to Managed Missions (check site for any additional forms but, at minimum):

- Voluntary Background Check (for those 18 or older)
- Health Information Form

**June 7.** \$7000 goal (inclusive of the \$5000 goal previously met) must be met (via donations/personal contribution).

**Four Weeks From Departure.** Immunizations completed.

**Three Weeks From Departure.** Copy of notarized travel permission forms (for minors traveling with us solo or with just one parent) uploaded (note: minors must **keep the notarized original** with them at all times for travel).

**July 6.** Online UhuruPad Field Champion Training Complete.

**Two Weeks From Departure.** Check quantities of medicines needed during trip. If taking the prescription Lariam (for malaria) dosage should start two weeks prior to departure.

If a Field Champion cancels her trip before expenses have been incurred (air/ground/insurance), upon request, the donors who have supported her can be fully reimbursed.

**After air is purchased** (triggering other costs and plans), all donations are **non-refundable**. We hope all donors will appreciate supporting our mission – regardless of a specific person’s participation in the mission.